

Anchorage Area NA
Newsletter

August 2011

The purpose of this newsletter is to keep Anchorage Area Narcotics Anonymous members informed of the events and happenings of our fellowship.

Every attempt is made to adhere to NAWS guidelines and SASC guidelines for newsletters.

The content contained herein expresses the views and knowledge of it's contributors, not N.A. as a whole.

Newsletter Committee

Members

Amber	Chair
Catelyn	Melissa
Dana	Jay
Jack	Andrea
John C.	Mandy

The Never Alone Newsletter Committee meets Tuesday from 11-11:45am, upstairs at the Alano Club, 3103 Spenard Rd.

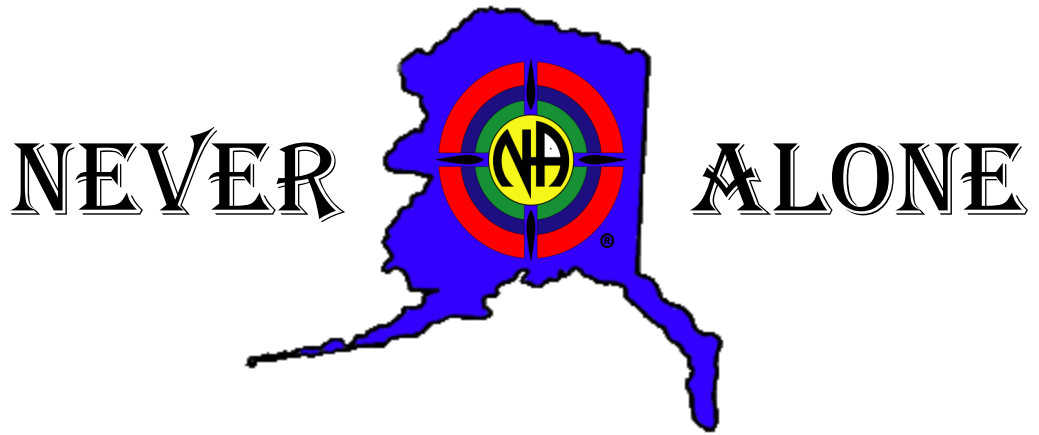
Have you got some NA information, news, a recovery related story, or an event you wish to include in next month's newsletter?

E-mail:

anchoragenanewsletter@
yahoo.com

OR

Drop it off in the envelope on the board at the Round About meeting.



Making the List—Step 8

Step 8 of Narcotics Anonymous

"We made a list of all persons we had harmed and became willing to make amends to them all."

To me, Step 8 means accepting responsibility for my actions and having the willingness to clear the wreckage. I find its not so easy letting go of the shame and remorse I have accumulated throughout the years, but in an effort to find freedom, I trust the 12 steps and my sponsor and I put pen to paper to make this list. To do this I get to apply the spiritual principles I have been putting into practice by doing the steps leading up to Step 8. I don't wonder what I will do to make amends or how someone will react, I just set out to make this list. By having acceptance, faith, and willingness, my higher power helps me to do this. I know in order to forgive others I have to forgive myself, and by living clean and working a program of recovery I am able to forgive myself for the many mistakes I've made a long the way. I'm not aiming for perfection and I trust my higher power will guide me as I answer the questions before me in the NA workbook my sponsor has me working this step out of. I pray before I set out and begin this process, answer the questions to the best of my ability, and understand that as I continue on this journey of recovery I will be able to come back to Step 8 and dig deeper. — Amber N.

Special Workers?—Tradition 8

8th Tradition of Narcotics Anonymous

"Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

Non professional, service centers and special workers...huh? Even though we read the traditions at every meeting, they're posted on the walls of the Alano Club and they're in our literature, I didn't understand what this one meant until I researched it for the August newsletter.

In Narcotics Anonymous we are all equals. No one person is better than the other and no one group is on a higher level than the other. We are all addicts trying to find a new way to live. Most of us in our lives have been turned off by "professionals" or "authority". Whether its jails, institutions, OCS, judges, lawyers, employers, family members; we all have had our share of the professionals and authorities in our everyday life. In Narcotics Anonymous all our members should recover as equals.

(Continued on Page 2)

SLOGANS

Hopeless dopefiend, now a
dopeless hopefiend.

Step 13 joke: My life is unman-
ageable and I want to share it
with you.

The greatest obstacle to con-
necting with our joy is resent-
ment.

The weak can never forgive.
Forgiveness is the attribute of
the strong.

If you let go a little, you will
have a little peace. If you let go
a lot, you will have a lot of
peace.

Learn to listen and listen to
learn.

One of the best parts of recov-
ery is getting your feelings
back. The worst part is getting
your feelings back.

Quote of the month:

“The therapeutic value in the
message we share with one
another lies in our personal
experience in recovery, not in
our credentials, our training,
or our professional status.”

From *It Works How and Why*,
page 186, Tradition 8. Copyright
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(continued) Special Workers?—Tradition 8

Service Centers are offices where other jobs are handled either by a “special worker” or a volunteer member of Narcotics Anonymous. Special workers are employed by Narcotics Anonymous, get paid by our Seventh Tradition, and are under the direction of a group conscience. Special workers are not always members of Narcotics Anonymous.

If NA service centers employ non members to do various jobs, like filing, data entry and other tasks that enable the service center to run more efficiently, then we need to make sure that they do not have direct involvement in writing and editing literature, not doing PI work and not involving them in carrying the message to institutions. These kinds of service work should be for only NA members and should be up to you as an individual.

What does all this mean to me? We are all equals, pray for the willingness to do some service work, service work is out there, and if we all do our part we can spiritually carry the message to the addict suffering.— Mandy G.

No Matter What

Being clean and living a new way of life does not make me immune to life on life's terms. I have to deal with hardships just like everybody else. My gift, my blessing, is that no matter what I go through, I don't have to use over it. Using was always my way of dealing with feelings. I used to numb pain and sadness. I used to relieve anger and rage. I used to celebrate happiness. Today, I am able to feel my feelings no matter how uncomfortable they may be.

The Narcotics Anonymous Basic Text, page 82 ,states, "It is important to remember that the desire to use will pass. We never have to use again, no matter how we feel. All feelings will eventually pass." The way I see it, there is no excuse for me to use. If a relationship doesn't work out, using wont bring me a dream guy. Using wont help me to keep the trust of my family that I have worked so hard to gain back. Selling dope is not a job and using it won't help me to build a career. Most of all, using won't make my feelings go away. In fact they will be there waiting for me along with the guilt and shame that comes along with a relapse.

So, thanks to Narcotics Anonymous and my Higher Power, just for today, I don't have to use.....No Matter What. — Melissa C.

Check-Ins with previous Convention Speakers ...

Hi my name is Dennis G. from Bay Cities, CA and I was blessed enough to come to Alaska and I have never been so welcomed and loved by the fellowship anywhere and I will be back! Only through being clean can I experience the memories such as going to the mountain top in Alaska!

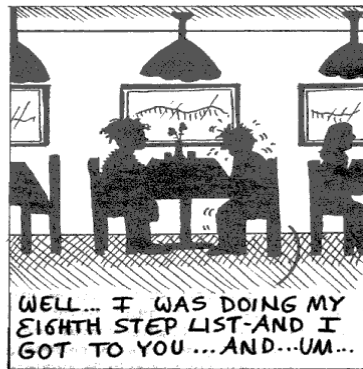
Dennis G. was a speaker at our 2010 NA Convention and will be back soon!

Thank you Dennis!

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Home Group

Breakthrough



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My name is Shannon D. and I am an Addict. My clean date is January 3, 1988. By God's Grace, the 12-steps, and the fellowship I haven't found it necessary to use anything to get high in more than 23 years. I got clean because I thought I would die by time I was 16 years old from the way I lived life. My first sponsor asked me to review my thoughts, ideas, and beliefs to find out if there was anything in my life I might get loaded over. In one piece of literature I am directed to be free of all reservations in order to stay clean. Reservations are those situations that I may use an excuse to get loaded again. I got clean at 15 years old and my reservations were many. My reservations included celebrating any one of my belly button birthdays; graduating from high school and college; the death of loved ones; getting married or getting divorced; having financial success as well as financial

failure. After I got my reservations down on paper I reviewed them with my sponsor. My sponsor directed me to develop a plan for when, not if, these situations occurred so I would have an opportunity to remain clean through them.

My plan was to pray first, call at least one other member of the fellowship, and go to meetings. I used this plan in every situation in my life where I thought I might get loaded, even if I didn't think I was going to get loaded. I prayed for strength. Then I attended meetings and was embraced by the fellowship on all my birthdays; my graduation from high school and college; the day I got married and when we adopted our children; and during the time of my divorce after 14 years of marriage. Even when I could not call someone or go to a meeting God carried me into the arms of the fellowship. My best friend died when I was 21 years old and I asked other members if I could hang out with them. They didn't know but I was asking for babysitters.

Even after 23 years of recovery there is no shame in asking people to hang out with me when I think my ass is going to fall off. I cannot stay clean on my own, and God doesn't mean for me to be alone. His plan for me is to share my successes and my failures with members of our fellowship. As I review my reservations and how I stayed clean through all of the situations in my life I see how the 1st step and the 12th step make a full circle to give me life. — Thank you for being my family!

Above & Beyond

Nominate someone you see going above and beyond in their recovery!

Shoot their name and a short paragraph to anchoragenewsletter@yahoo.com to add them here!

Dear NA:

Q: When is the right time to find a sponsor?

A: In I.P. #11 "Sponsorship", it states that, "most members find it important to get a sponsor as soon as possible, while others explain that it is just as crucial to take a little time to look around and make an informed decision." It also states, "If we get a sponsor to help us in our early recovery, we are free to change sponsors later if that person isn't meeting our needs." In my personal opinion, I feel that it is important to at least find another member that you can begin calling on a daily basis until you find a sponsor that works for you. We all find our sponsors in our own way, at our own time.

Q: Why is service work important?

A: "NA service allows us to spend much of our time directly helping suffering addicts as well as ensuring that Narcotics Anonymous itself survives." (Narcotics Anonymous Basic Text pg. 59.) Service work ranges from making coffee, cleaning up after a meeting, all the way up to area, region, and world level service positions. Each are just as important as the next. Service work helps keep NA going, helps us to feel a part of, and gets us out of ourselves. "Service is something that is our unique gift-something that no one can take away from us. We give and we get. Through service many of us start on that sometimes long road back to becoming a productive member of society." (Just For Today Daily Meditation pg. 127.)

Got a question you would like answered by the NA guru? Send your questions to anchoragenewsletter@yahoo.com OR drop it off in the newsletter envelope on the board at Round About.



WORD FIND



NA HISTORY TIDBIT:

Narcotics Anonymous sprang from the Alcoholics Anonymous Program of the late 1940s, with NA meetings first emerging in the Los Angeles area of California, USA, in the early 1950s.

Clean Date Anniversaries...

Kalea celebrates **6 months** on August 4th!

Melissa celebrates **18 months** on August 4th!

Catelyn celebrates **5 YEARS** on August 11th!

Tony A celebrates **5 years** on August 15th!

Terry H. celebrates **25 years** on August 18th!

Casey celebrates **3 YEARS** August 20th!

D P W H G O U W I T R O I V A H E B A
 F P T S M E L K N J S A Y S R Y X N E
 W X S U H W A E E O M D P V T S B A P
 X C U M J Q M C K E O H G G K E T Q X
 E B R P H T A X N C O A D M I T P A H
 N R T N I E O D W X L E R H G H F S K
 D B C M P L S S E N G N I L L I W N F
 K T M V F S H A R E C O V E R Y J P S
 H O G R E S P O N S I B I L I T Y S V
 C H I G H E R P O W E R S R W Y K M H
 I W V R R Z P W S S K P R P I H C H Z
 N O I S S A P M O C B E H W T A G Z K
 X F I E X P E C T A T I O N S P P M U
 P N V N O I T C A A O E U V M S N E G
 D T Z E E V I G R O F N Q D L Z L Q R
 V A C C E P T A N C E T S I L H F R R
 T G N I L L I W T P B T A J Z Z E E R
 G V T K U I G N B F I O S P O N S O R
 B I C Q Y R F R E E D O M Y S W X R T

Got a suggestion, idea, feedback about your newsletter? We meet Tuesdays from 11am-11:45 upstairs at the Alano Club. There are **NO CLEAN TIME REQUIREMENTS** to be apart of the NA Newsletter Committee and there is always something to do! Please come and be **APART OF!!**

STEP 8

acceptance expectations repair action forgive responsibility admit
 freedom sponsor amends higherpower steps behavior list trust
 commitment peace willing compassion recovery willingness